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# DEPARTMENT OF THE INTERIOR

## INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

For Release UPON RECEIPT

### SEA FOODS MAKE DELICIOUS AND NUTRITIOUS SANDWICHES

If the fourth Earl of Sandwich, who figures in 18th century anecdote as inventor of the sandwich, were alive today it is doubtful if he would recognize our present-day versatile sandwich as the outgrowth of his creation.

From his original crude idea of "a piece of meat between two slices of bread", the modern housewife has branched out in many directions, and taxed her ingenuity, to concoct such delicacies as the open and closed, hot and cold, party and cocktail sandwich, as well as double- and triple-deckers. All of these utilize fancy breads--oatmeal, raisin, bran, nut, orange, tomato, or steamed brown breads--and an unlimited variety of fillings and spreads.

"For practical every-day sandwiches for the children's or working man's lunch box to the salad sandwich featured by smart tearooms, fish and shellfish fillings and spreads are delicious as well as nutritious", assert fish cookery experts of the Fish and Wildlife Service, United States Department of the Interior. "Seafoods are always pleasant to eat, easily digested, and a storehouse for phosphorous, copper, manganese, and many other minerals essential for proper functioning of the liver, teeth, bones and blood."

As a delightful culinary change, Service technologists offer the following tasty fish sandwich fillings, culled from a variety of sources.

#### Crabmeat and Pimiento Sandwiches

Remove crusts from 12 slices of light or dark bread; spread 6 slices with mixture of 1 cup flaked cooked crabmeat, 1 pimiento, finely chopped, 1/4 cup chili sauce and a dash of salt, and cover with remaining slices. Cut in triangles before serving. Yield: 6 sandwiches.

(America's Cook Book)

#### Salmon and Onion Sandwich

Scald, drain and remove all bone and skin from a can of salmon. Pick the meat fine and mix with it 2 small onions minced. Mix with 2 tbsps. chili sauce, and spread between bread. Mayonnaise may be used instead of the chili sauce, or a little of the sauce may be mixed with the mayonnaise.

(Woman's World Book of Salads and Sandwiches)

#### Italian Egg-Anchovy Sandwiches

|                       |                            |
|-----------------------|----------------------------|
| 3 hard-cooked eggs    | Mayonnaise                 |
| 1 tbsp. minced celery | 1 loaf cracked wheat bread |
| 1/8 tsp. paprika      | 1 jar rolled anchovies     |

Remove egg yolks and mash with celery, paprika, and enough mayonnaise to moisten. Mince egg whites and moisten with mayonnaise. Cut bread as desired; spread 1/2 of each slice with egg yolk mixture and other half with egg white mixture. Top with a rolled anchovy. Approximate yield: 12 sandwiches.

(America's Cook Book)

#### Shrimp Sandwich Filling

1 No. 1 can shrimp  
1/2 cup celery, finely chopped  
1/2 cup creamed pimento cheese  
1 tbsp. grated onion  
1/2 tsp. salt

Flake shrimp, mix thoroughly with pimento cheese, celery, onion, and salt. Spread on thin slices of buttered whole wheat bread.

(The Story of Shrimp)

#### Tuna Sandwiches

Cook 1/3 cup of quick-cooking tapioca in 1 1/4 cups of hot milk with 1/4 teaspoonful of salt until the tapioca is clear; add 2 tsps. of butter, 1/8 tsp. of paprika, and the contents of one small can of tuna fish. Cool and spread directly on sliced bread. Serve with slices of stuffed olives on top of the sandwiches.

(American Cookery Magazines)

### Walnut Tuna Sandwiches

|                                     |                                 |
|-------------------------------------|---------------------------------|
| 1 (7-oz.) can tuna                  | 1 tbsp. finely chopped pimiento |
| 1/2 cup finely chopped walnut meats | 1/2 tsp. salt                   |
| 2 cups finely chopped sweet pickles | 6 to 8 tbsps. mayonnaise        |
| 1 tbsp. finely chopped green pepper | 20 slices bread, buttered       |

Flake tuna. Add remaining ingredients, except bread, and blend well. Spread on slices of buttered bread. Makes 10 sandwiches.

(500 Tasty Sandwiches--Culinary Arts Institute)

### Grilled Crab-meat and Egg Sandwiches

|                               |                       |
|-------------------------------|-----------------------|
| 4 hard-cooked egg yolks       | 1 beef bouillon cube  |
| 1 cup flaked cooked crab meat | 1/4 cup boiling water |
| 1 tbsp. butter                | Butter                |
| 1 tsp. prepared mustard       | 12 slices bread       |

Press yolks through a sieve. Mix crab-meat with yolks. Add butter, mustard and bouillon cube dissolved in water. Beat together thoroughly. Spread on 6 slices buttered bread, top with remaining slices and brush outside of sandwiches with melted butter. Place on heated sandwich grill and cook until brown, or brown on both sides in skillet. Serve hot. Makes 6 sandwiches.

(Culinary Arts Institute)

### Sardine Sandwiches

|                        |                                |
|------------------------|--------------------------------|
| 1 can (8 oz.) sardines | 12 tbsps. chopped sweet pickle |
| 2 tps. lemon juice     | 1 tsp. butter                  |

Rye bread or salted crackers

Drain sardines, mash and add remaining ingredients. Spread on rounds of rye bread or salted crackers. Makes 6 sandwiches.

(America's Cook Book)

### Hot Shrimp Rarebit Sandwiches

|                               |                                |
|-------------------------------|--------------------------------|
| 1 tbsp. chopped onion         | 1/2 tsp. Worcestershire        |
| 2 tbsps. chopped green pepper | sauce                          |
| 6 tbsps. butter               | 1/8 tsp. dry mustard           |
| 1 lb. cooked shrimp, cleaned  | Dash salt, Dash pepper         |
| 1 tbsp. flour                 | 1/4 pound sharp Cheddar cheese |
| 1/2 cup milk                  | 5 slices hot toast             |

Cook onion and green pepper very slowly in 5 tablespoons butter for 5 minutes. Add cleaned shrimp, mix carefully with a fork and cook slowly until shrimp are hot. Melt remaining butter, blend in flour, add milk gradually, stirring constantly. Add seasonings and cook until thickened, continuing to stir. Add cheese; stir until melted. Serve shrimp on toast with sauce, for 5.

(500 Tasty Sandwiches--Culinary Arts Institute)

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